

SEEN YOUR NEWS?



WHITMAN COUNCIL ON AGING
16 HAYDEN AVENUE • WHITMAN, MA 02382
(781) 447-7619 • FAX (781) 447-7633

SENIOR CENTER HOURS

Monday 8-4
Tuesday 8-7
Wednesday 8-4
Thursday 8-4
Friday 8-1

Patricia Goldmann, *Chairman*
Jill A. Getchell
Barbara J. Garvey, *Director*

SEPTEMBER

2018

Mae Cousineau, *Vice Chairman*
Thomas G. Ford
Denise K. Bagley

Whitman Council on Aging Mission Statement

To ensure that our elder residents are provided an opportunity to age and live a life-style based on independence, dignity, and security; to assess needs and provide services through an array of general programs, information, and socialization opportunities to seniors age 60 and older.

Daily Scan-In

The COA would like to remind all who attend COA programs, services, activities, or 'morning coffee hour' at the Senior Center to use their scan card to sign in. If you need a scan card, just let us know. This program helps us track usage and the statistics help us to secure funding through the state and with obtaining grants.

Thanks for your cooperation!

MEDICARE OPEN ENROLLMENT

Do Not Ignore Medicare Mail !!!

It's that time of year again! If you have a Medicare Prescription Drug Plan or a Medicare Advantage Plan (HMO, PPO), you should expect information from your plan by the end of September. This information is important because it explains changes in your plan for 2019. During **Medicare Open Enrollment (October 15th to December 7th)**, you will have a chance to change your plan for next year.

If you would like help understanding your plan changes as well as other options you may have, Terry Altieri, trained **SHINE** counselor, is available at the Senior Center to offer free and confidential counseling on all Medicare and Medicare-related health insurance programs.

Contact Terry Altieri at the Senior Center to schedule an appointment at 781-447-7619 ext. 3



Save the Date ...

COMMUNITY "SHRED EVENT"

At the Whitman Senior Center

Saturday, October 27, 2018

From 10:00 A.M. to 1:00 P.M.

Since reports of scams and attempted scams continue to increase by the day, the secure disposal of outdated documents is an important step in keeping your personal information out of the hands of scammers.

The Council on Aging will hold a Community "Shred Event" on Saturday, October 27th from 10:00 am to 1:00 pm at the Senior Center, 16 Hayden Avenue. The Council on Aging sponsored event is offered to Whitman residents at no charge.

Shredding is done on site and all shredded materials go directly to a recycling distribution center.

Here's a chance to start your fall cleaning early ... gather up all of your outdated documents and bring them to the Senior Center on October 27th.

Acceptable: Paper with staples
Paper with paper clips

Not Acceptable: Binder Clips
3 Ring Binders
Magazines
Plastics (ie: credit cards)

Acceptable: Residential
Not Acceptable: Commercial

All Whitman residents are welcome to take advantage of this opportunity.

**'Fall Celebration' Supper
At the Senior Center
Tuesday, September 18th at 5:00 P.M.**

Tired of cooking? Need an easy night out? Join us for an evening of socialization and a light meal of assorted Sandwich wraps and topped off with an ice cream sundae.

Cost is \$6.00. Stop by the Center to buy your ticket **beginning Tuesday, September 4th.** Tickets are limited, so get yours early.

**Space is Limited.
Call extension 2 to reserve your seat.**

COA Bus Trips

CASTLE ISLAND
Thursday, September 6th
Leaves the Center at 9:30
\$8.00 for transportation

You will have 2 1/2 hours to enjoy at Castle Island once you arrive. You can use it to walk the scenic pathways, sit and enjoy the sights and sounds of Boston Harbor, or enjoy lunch at Sullivan's.



CAPE COD THRIFT STORES
Thursday, September 27th
Leaves the Center at 9:00
\$10.00 for transportation

Visit thrift stores in Wareham and Bourne. There will be a stop for lunch. Should be a fun day for all.

Call **Linda at extension 1** to sign up for any of these trips. Sign ups for September begin on Wednesday August 29th.

COMPUTER WORKSHOPS

By Richard Stanton
at the Senior Center on Tuesdays
Appointments are available at 10:00, 11:00 or 12:00
Please contact **extension 2** to sign up for the course of your choice.

- PC's for the Novice: Five Modules-includes PC overview, How to get help on your device and on Microsoft's web site, How to use input devices, Storing and retrieving your documents, and Managing your data.
- Internet Basics: Get started with a Browser, Choose and register with on-line service provider, Create and Send E-Mail.
- Basics of Budgeting with Excel / Calc: Start excel or Calc; Open and Edit an existing workbook, save changes.
- iTunes for Digital Music / Video: Use iTunes to retrieve and organize your music. Create your own Cd Or download play-lists to your MP3 player.
- Add and Remove Software: Find, Download and Install Free software. Remove unwanted programs.
- Ease of Access: Improve computer access for physically challenged.
- Online Education: Find computer based Learning CourseWare and take a lesson.
- Manage Digital Photos: Find, Select, and Print, Copy or Delete.
- Send and Receive Photos over the Internet: Upload, Download, and Email.
- Backup your personal Data: Choose what to backup. Use acceptable devices.
- Organize your photos using picassa 3: Edit photos for red eye etc.



**Tech Help
with Max**

**Tuesday evenings 6:00 and 6:30
(two half-hour appointments)**

Max Elfman, our student volunteer from South Shore Vocational Technical High School, will be here to help with your technical needs. Want to learn about Facebook or other social media? Have a cell phone or tablet challenge? Let Max help.

Call extension 2 to make your appointment.

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PLUS
SPECIAL
OFFER

Remember to check the Bulletin Board at the Senior Center for Activities and Events that may not be listed in this Newsletter due to space or publishing deadline constraints.

Crafts

with Denise
Wednesday, September 12th
at the Senior Center
12:30 P.M.

Cost is \$4.00 per class to help offset supplies expense.
This month's craft will be a Fall wreath.

~~~~~

**with Kerrin**  
**From Sachus Center for Health and Rehabilitation**  
**Friday, September 21st**  
**at the Senior Center**  
**10:30 A.M.**

Free of charge thanks to Sachus Center.

Space is limited so please call extension 2 to sign up.  
In order to assure that we have enough supplies,  
please sign up no later than the week before.

**Visit with Abner**  
**The Pet Therapy Dog**  
**Monday, September 10th**  
**10:30 a.m. at the Senior Center**



**Fun and Games**

**LEFT, CENTER, RIGHT**  
Tuesday, September 11th at 1:00 P.M.  
Tuesday, September, 25th at 1:00 P.M.

**Sign up at extension 2.**

**Weekly Activities**

- ART GROUP**– Tuesdays at 9:00
- BINGO**—Mondays at 1:00
- BINGO at Harvard Court**– Wednesdays at 12:30
- CHAIR YOGA**– Wednesdays at 9:30, \$4.00 to the instructor  
Also on Fridays at 11:30 ( except the first Friday of the month)
- KNITTING GROUP**– Tuesdays at 1:00
- MAH JONGG**—Wednesdays at 12:30
- Wii BOWLING**—Mondays at 8:00

**Movie of the Month**

At the Senior Center  
**“The Greatest Showman”**  
Thursday, September 27th  
12:30 P.M.

This wondrous musical about the life of entrepreneur P.T. Barnum depicts how he found fame and fortune by starting a circus in 1870's America, and claims that he was the creator of modern show business.

Starring : Hugh Jackman, Zac Efron, Michelle Williams  
Run Time: 1:36 min Rated PG

**Call extension 2 to reserve your seat**  
**beginning August 29th**  
**Space is limited to 12 attendees.**

**The Travelers Present:**

**CAPE COD IRISH VILLAGE in Yarmouth**  
**November 23-26**  
**\$145.00 plus tax, per person-double occupancy**



Spend 3 nights at the Irish Village, including 2 breakfasts and 1 Dinner. There will be entertainment on Friday and Saturday evenings. You will need to provide your own transportation.

Checks should be made to Terry Seer.  
**Call Linda at extension 1 to reserve a spot.**



**FOOD SHOPPING—Tuesdays at 12:30**  
(see page 5 for more details)

- 9/4- STOP AND SHOP in WHITMAN**
- 9/11- SHAW'S IN BROCKTON**
- 9/18- STOP AND SHOP in WHITMAN**
- 9/25 -SHAW'S IN BROCKTON**



Reminder: 4 bag limit please. Reserve your seat by 11:30 on the previous Friday.

# SEPTEMBER 2018

| Monday                                                                                                                                                                        | Tuesday                                                                                                                                                                                                                                                                                                                                                               | Wednesday                                                                                                                                                                                                                                                                          | Thursday                                                                                                                                                                                                                                                                                    | Friday                                                                                                                          |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------|
| <b>3</b>                                                                                                                                                                      | <b>4</b>                                                                                                                                                                                                                                                                                                                                                              | <b>5</b>                                                                                                                                                                                                                                                                           | <b>6</b>                                                                                                                                                                                                                                                                                    | <b>7</b>                                                                                                                        |
| <b>LABOR DAY</b><br><br><b>SENIOR CENTER CLOSED</b>                                                                                                                           | 9:00 Hairdresser<br>9:00 Art Group<br>10:00 Computer Workshop<br>11:30 Lunch-Hot Dog w/ Chili<br>1:00 Knitting/Crocheting<br>6:00 Tech Help with Max<br>8:30 –12:00 Transportation to and from Senior Center<br><b>12:30 FOOD SHOPPING – ext. 2</b>                                                                                                                   | <b>9:30 Chair Yoga</b><br>11:30 Lunch-Spanish Chicken<br>12:30 Mah Jongg<br>6:00 Scrapbooking<br><br><b>9:00 AROUND TOWN</b><br>Reserve by 1:00 Friday at ext. 2                                                                                                                   | 11:30 Lunch-Stuffed Shells w/ Meat Sauce<br><br><b>9:30 CASTLE ISLAND</b><br>Sign up at ext. 1                                                                                                                                                                                              | 11:30 Lunch-Potato Crunch Fish<br>1:00 Bingo                                                                                    |
| <b>10</b>                                                                                                                                                                     | <b>11</b>                                                                                                                                                                                                                                                                                                                                                             | <b>12</b>                                                                                                                                                                                                                                                                          | <b>13</b>                                                                                                                                                                                                                                                                                   | <b>14</b>                                                                                                                       |
| 8:00 Wii Bowling<br>11:30 Lunch-BBQ Pork Patty<br><b>1:00 Bingo</b><br><br><b>10:30 VISIT WITH ABNER</b><br><br><b>9:00 AROUND TOWN</b><br>Reserve by 4:00 Thursday at ext. 2 | 9:00 Hairdresser<br>9:00 Art Group<br>10:00 Computer Workshop<br>11:30 Lunch-Chicken Paprikash<br>1:00 Knitting/Crocheting<br>6:00 Tech Help with Max<br><br><b>1:00 LEFT, CENTER, RIGHT</b><br>Sign up at ext. 2<br><br>8:30 –12:00 Transportation to and from Senior Center<br><b>12:30 FOOD SHOPPING – ext. 2</b>                                                  | <b>8:20 Podiatrist by Appt</b><br><b>9:30 Chair Yoga</b><br>11:30 Lunch-Cheddar Cheese Frittata<br>12:00-1:00 Wellness Clinic<br>12:30 Mah Jongg<br><br><b>12:30 Crafts with Denise</b><br>Sign up at ext. 2<br><br><b>9:00 DERBY STREET SHOPS in Hingham</b><br>Sign up at ext. 1 | 11:30 Lunch-Turkey Salad on Lettuce Bed<br><br><b>9:00 WALMART in RAYNHAM and LONGHORN STEAKHOUSE or PANERA BREAD</b><br>Sign up at ext. 1                                                                                                                                                  | 10:00 Book Buzz<br>11:30 Lunch-Beef Stew<br><b>11:30 Chair Yoga</b>                                                             |
| <b>17</b>                                                                                                                                                                     | <b>18</b>                                                                                                                                                                                                                                                                                                                                                             | <b>19</b>                                                                                                                                                                                                                                                                          | <b>20</b>                                                                                                                                                                                                                                                                                   | <b>21</b>                                                                                                                       |
| 8:00 Wii Bowling<br>11:30 Lunch-Whole Grain Lasagna Rolls w/Meat Sauce<br><b>1:00 Bingo</b><br><br><b>9:00 AROUND TOWN</b><br>Reserve by 4:00 Thursday at ext. 2              | 9:00 Hairdresser<br>9:00 Art Group<br>9:00 State Rep Geoff Diehl<br>10:00 Computer Workshop<br>11:30 Lunch-Swedish Chicken Meatballs<br>1:00 Knitting/Crocheting<br>1:00 No Hearing by Appointment<br>6:00 Tech Help with Max<br><br>8:30 –12:00 Transportation to and from Senior Center<br><b>12:30 FOOD SHOPPING –ext. 2</b><br><br><b>5:00 SUPPER (See Pg. 2)</b> | <b>9:30 Chair Yoga</b><br>11:30 Lunch-Grilled Teriyaki<br>12:30 Mah Jongg<br><br><b>FOXWOODS CASINO</b><br>Pickup 7:30 K of C; 7:45 Home<br>Return Home 7:00 pm<br>Sign up at ext. 1                                                                                               | 11:30 Lunch-Chicken, Broccoli and Penne Alfredo<br>12:30-1:30 Wellness Clinic at Harvard Ct<br><br><b>BROWN BAG PICKUP</b><br>Pickup at the Senior Center <u>between 11:00 and 2:00 only</u><br><br><b>9:00 OCEAN STATE JOB LOT, MARSHALLS/ Mama Mia's- Marshfield</b><br>Sign up at ext. 1 | 11:30 Lunch-Homemade Meatloaf with Gravy<br><b>11:30 Chair Yoga</b><br><br><b>10:30 Crafts with Kerrin</b><br>Sign up at ext. 2 |
| <b>24</b>                                                                                                                                                                     | <b>25</b>                                                                                                                                                                                                                                                                                                                                                             | <b>26</b>                                                                                                                                                                                                                                                                          | <b>27</b>                                                                                                                                                                                                                                                                                   | <b>28</b>                                                                                                                       |
| 8:00 Wii Bowling<br>11:30 Lunch-Chicken a l'Orange<br><b>1:00 Bingo</b><br><br><b>9:00 AROUND TOWN</b><br>Reserve by 4:00 Thursday at ext. 2                                  | 9:00 Hairdresser<br>9:00 Art Group<br>10:00 Computer Workshop<br>11:30 Lunch- Breaded Pollock<br>1:00 Knitting/Crocheting<br>1:00 Atty Whitney by Appt.<br>6:00 Tech Help with Max<br><br><b>1:00 LEFT, CENTER, RIGHT</b><br>Sign up at ext. 2<br><br>8:30 –12:00 Transportation to and from Senior Center<br><b>12:30 FOOD SHOPPING –ext. 2</b>                      | <b>9:30 Chair Yoga</b><br>11:30 Lunch-Shepherd's Pie<br>12:30 Mah Jongg<br><br><b>9:00 GOOD DAYS RESTAURANT and MARKET BASKET in West Bridgewater</b><br>Sign up at ext. 1                                                                                                         | 11:30 Lunch-Pork Loin with Sherry Apple Sauce<br><br><b>12:30 MOVIE at the SENIOR CENTER (See Page 3)</b><br><br><b>9:00 CAPE COD THRIFT STORES (See Pg. 2)</b><br>Sign up at ext. 1                                                                                                        | 11:30 Lunch-Chicken Salad on Lettuce Bed<br><b>11:30 Chair Yoga</b>                                                             |
|                                                                                            |                                                                                                                                                                                                                                                                                                                                                                       | <b>TRIP and ACTIVITIES SIGN UPS BEGIN</b><br><b>Wednesday, August 29th</b><br><b>At 8:00 A.M</b>                                                                                                                                                                                   |                                                                                                                                                                                                                                                                                             |                                            |

## Old Colony Elder Services Community Dining Program

Have you heard of the Community Dining Program offered at your local Council on Aging? The **Community Dining Program** offered by **Old Colony Elder Services (OCES)** provides a unique opportunity to enjoy a nutritious meal while socializing with friends and neighbors at various Councils on Aging throughout greater Plymouth County. If you are unable to prepare a nutritious meal at home, consider signing up for home delivered meals. Read the highlighted information below to learn more about the Community Dining Program and Home Delivered meals offered through **OCES**.

- Meals provided by Old Colony Elder Services (OCES) must provide 1/3 of the Recommended Dietary Allowances.
  - The menu is developed by a Registered Dietitian Nutritionist.
  - Nutrition information on the menu includes the entrée (protein, starch, and vegetable), dessert, milk, bread and margarine. The sodium level of each food item is listed on the menu.
  - Meals must serve good sources of vitamin C daily and vitamin A three days a week.
    - Table salt is **not** added to the meals.
- For the home delivered meal program, special meals are available including cardiac, renal, pureed, ground, chopped, and lactose free.
  - Meals are cooked by a chef at a local caterer.
- The OCES nutrition staff works closely with our caterer to ensure both consumer satisfaction and the nutrition standards set by the Massachusetts Executive Office of Elder Affairs are achieved.

Come and socialize with your community while enjoying a nutritious meal at your local Council on Aging or enjoy a nutritious and satisfying meal at home!

Here's what people are saying about meals provided by OCES:

"The meals are well balanced"

"The meals taste really good"

Lunches are served in Whitman daily at the Senior Center at 11:30.  
(check out the menu on Page 4 of this newsletter).

Suggested donation is \$2.50. **Call Fran at extension 4 to make your reservation**



## TRANSPORTATION

**AROUND TOWN** – Our COA bus is available from 9:00 to 3:00 on Mondays for transportation to Bingo at the Senior Center and for errands within Town. Please be reminded that in order to take advantage of this free service, you need to call **extension 2** to sign up **no later than 4:00 Thursday**. Pickup times cannot be guaranteed unless it is for an appointment.

**SENIOR CENTER BUS**— Our COA bus is available in the morning for Tuesday activities and appointments at the Center. Sign-up is required by calling **extension 2 no later than noon on Monday**.

**FOOD SHOPPING** Our COA bus travels to various grocery stores on **Tuesdays**; **pickups begin at 12:30**. Due to an increase in riders, we find it necessary to limit the number of passengers to allow sufficient room for both passengers and their purchases. **Sign-up is now required weekly by calling extension 2 no later than 11:30 on Friday**. We will maintain a waiting list and if seats are still available, those on the waiting list will be called by Noon on Monday. There is a 4 bag limit.

**DIAL-A-BAT**– Transportation to medical appointments in Abington, Brockton, Bridgewater, East Bridgewater, West Bridgewater, Stoughton, Whitman and Boston.

Trips to **Southeast Medical Center** in East Bridgewater are provided on Mondays and Thursdays. Pick up times are between 9:15 and 10:15 a.m. Return trip is at 12:30 p.m. from the lobby.

Trips to **Roche Bros Way** in Easton are provided on Mondays and Wednesdays. Pick up times are between 9:15 and 10:15 a.m. Return trip is at 12:30 p.m. from the lobby.

Trips to **Boston** are provided on Wednesdays and Fridays only. Call for additional details.

**Call extension 2 at least two days prior to your appointment to book.**

**HUMOR CORNER**

Two young brothers were spending the night at their grandparents' home. When it was time for bed, the two boys knelt down and began to say some prayers.

Suddenly, the younger brother started yelling at the top of his voice, "I PRAY FOR A BICYCLE! I PRAY FOR A NEW COMPUTER! I PRAY FOR A TRIP TO DISNEY-LAND!" and so on...

His older brother leaned over and whispered, "There's no need to shout. God isn't deaf." **"I know," said the younger brother. "But Grandma sure is!"**

**WELLNESS CLINIC**

Free Wellness Clinics for Whitman residents are provided by NVNA (Norwell Visiting Nurse Association and Hospice). Health Screening includes blood pressure and blood sugar testing, vital signs assessment, nutritional counseling, weight assessment and medication review and instruction.

**Wednesday:**

September 12 Senior Center 12:00—1:00

**Thursday:**

September 20 Harvard Court 12:30—1:30

**Tuesdays** at the Town Hall (VNA Office, Lower Level)

September 4, 11, 18, 25 1:00—2:30

**State Representative Geoffrey Diehl Office Hours**

State Representative Geoff Diehl is here at the Senior Center every other month on the third Tuesday at 9:00 a.m.

No appointment is necessary.

Upcoming dates: September 18th, November 20th

Representative Diehl looks forward to hearing from you and relaying your concerns to Beacon Hill. If you cannot make it in to speak with him, you may contact his office directly at (617) 722-2810, ext. 6326 or by email at: Geoff.Diehl@MAhouse.gov

**OUTREACH**

**SAFETY ASSURANCE PROGRAM**— The Plymouth County Sheriffs Dept. has a free computerized telephone system to call participants at a prearranged time each day. Call 508-830-6256 to sign up.

**BROWN BAG DISTRIBUTION PROGRAM – Thursday, September 20th, 11:00 to 2:00 only.** Please bring your own reusable shopping bag (fabric or heavy plastic type) for ease in carrying.

**FRIENDS OF THE WHITMAN SENIORS**

The Friends of Whitman Seniors will meet on Friday, September 14, 2018 at Harvard Court at 1:00 P.M. for their monthly meeting.

Anyone with questions, please call Roberta at 781-261-3930.

**FREE LEGAL ADVICE**

Attorney Ronald N. Whitney is available to meet with elders once a month at the Senior Center for assistance with wills and personal legal issues. This month, Attorney Whitney will be at the Center on Tuesday, September 25th from 12:30 to 2:30.

Please call **extension 2** for an appointment.

**HEARING SCREENING**

Free hearing screenings and free minor repairs to hearing aids are provided by Board Certified Hearing and Instrument Specialist, John Klefeker. Contact **extension 2** to make an appointment for October 16th. There will be no appointments in September. *You should hear what you're missing.*



**PODIATRIST**

Dr. William Chan. Wednesday, September 12th by appointment only. Contact **extension 2** to make an appointment. Upcoming dates: October 10, November 14, December 12

**HAIR by Sue**

**Tuesdays by appointment**

Contact **extension 2** to make an appointment

|                           |         |
|---------------------------|---------|
| Shampoo and Set           | \$12.00 |
| Shampoo, Cut, and Set     | \$14.00 |
| Wet Cut                   | \$12.00 |
| Blow Dry w/ Cut           | \$14.00 |
| Perm, Cut & Style         | \$45.00 |
| Color*, Cut               | \$35.00 |
| Color*, No Cut            | \$30.00 |
| (*client brings in color) |         |
| Haircuts for Men          | \$ 8.00 |

**HARVARD COURT FAYRE HAS REOPENED**

*located in the Gazebo Room of Harvard Court Housing Complex.*

*The shop is open: Mondays 10-2*

*Closed Tuesdays*

*Wednesdays 10-3*

*Thursdays 10-2 & 4-7 pm;*

*Fridays and Saturdays 10-2*

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## Old Colony Elder Services

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MA 02382

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**Whitman Council On Aging**  
**16 Hayden Avenue**  
**Whitman, MA 02382**

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**RETURN SERVICE REQUESTED**



**DAILY LUNCH**

Senior Lunches are served every day at the Senior Center at 11:30.  
Let us do the cooking for you.  
Stop by the Senior Center to pick up a menu.

Suggested donation is \$2.50. **Call Fran at extension 4 to make your reservation.**  
Since meals need to be ordered well in advance, please call one week ahead to book your reservation.  
**Transportation is available on Mondays and Tuesdays.**



**ABOUT OUR TRIPS AND ACTIVITIES ...**

*Participation in the activities and trips we offer is not limited to seniors over age 60.  
Based on availability, Pre-Seniors, Baby Boomers and folks from surrounding towns are always welcome.*

*Just give the Center a call at 781-447-7619.*

**Help us go GREEN and save MONEY**

Our newsletter is now available online at:  
**www.OurSeniorCenter.com**  
and on the Town of Whitman website  
**www.whitman-ma.gov**



If you read your newsletter online or choose not to receive a newsletter at this time, please **call Linda at extension 1** to have your name taken off of the mailing list. For those who continue to get the newsletter by mail, remember to keep us informed if you move or go away for the winter.